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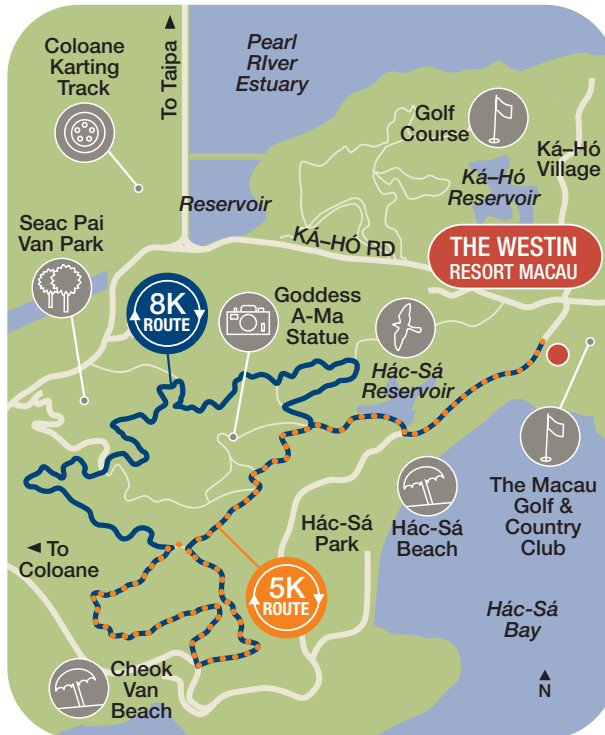
RUNNER'S

WORLD
MAGAZINE

THE WESTIN RESORT MACAU

COLOANE, MACAU

Long overshadowed by its glitzier neighbor Hong Kong, Macau has much to offer in its own right. Its Portugese past still permeates in many ways, and its numerous parks and trails make Macau surprisingly runner-friendly.



5-K ROUTE

- 1• Leave the front lobby and run to the flagpole. Turn right and run on the main road.
- 2• Run on left side of road to the wooden arch.
- 3• Pass through the wooden arch, using the main entrance or the staircase.
- 4• You'll see another staircase on your right. Go up the stairs and follow the trails. Go around the reservoir (don't cross the green concrete bridge).
- 5• Cross the Hanging Bridge then turn left.
- 6• At the light red Chinese Shelter, go straight, then right.
- 7• You'll see another staircase. Go up the stairs and follow the trail.
- 8• At the yellow Chinese Shelter at trail's end, turn around and retrace your steps back to the resort.

8-K ROUTE

- 1• Follow Steps 1 to 7 above.
- 2• At the yellow Chinese Shelter, go straight to your left (don't go up the stairs) and follow the trail.
- 3• You'll see concrete tables and chairs at the end of the trail where the road splits.
- 4• Go down the staircase on your left.
- 5• Follow the trail all the way down; don't take turns.
- 6• Turn left on the main road and return to the resort.

LOCAL RUNNING TIPS

HEAD FOR THE TRAILS: On Coloane island, where the Westin is situated, trail-running options are plentiful. Your first pick is the 8-K (5-mile) Coloane Trail, Macau's longest, which goes around the island and showcases the abundant plant and animal life of the area. You can exit this trail into several of Macau's nicest parks, including Seac Pai Van Park and Hac Sa Park.

ANOTHER GREAT OPTION: From the Caminho do Quartel de Hac Sa (ask the concierge for directions), you'll find the Hac Sa Morro Circuit, a 2.1-K (1.5-mile) loop that offers relatively flat, easy running, nice breezes, and incredible ocean views. Look for the bizarre rock formations along the shore. At certain times of the year, dolphins can be seen frolicking just offshore.

BE CAREFUL AROUND TOWN: It's great fun to experience old Macau's winding streets on foot, but run early in the morning before traffic gets heavy. Remember that people drive on the left in Macau, so when you cross the street, look right first, then left.

REWARD YOURSELF: The best part of your run may come once it's over. Soothe your tired running muscles in the hotel pool, or relax in the sauna or whirlpool. Better yet, schedule a reviving massage.

WESTIN **WORKOUT**
POWERED BY REEBOK

DISCLAIMER NOTICE: As a courtesy to our guests the above running/walking course map identifies distances and routes created by using an independent outside mapping source. This map was not created by the Hotel. The identified routes are on City public streets and ways. As the Hotel has no direct or indirect control over public areas we urge you to use common sense for your own safety and security. The Hotel in no way guarantees the safety or condition of the identified routes. Use of this map is at your own risk. Please observe all rules and posted signs and warnings, including traffic signals.